

MATCH THE PROBLEMS WITH THE SENTENCES

A OVERWEIGHT

E TOOTH DECAY

B UNDERWEIGHT

F FREQUENT
ILLNESS

C LACK OF
CONCENTRATION

G INDIGESTION

D TIREDNESS

H DRY SKIN

1 EAT THREE WELL-
BALANCED MEALS &
THREE OR FOUR SNACKS
PER DAY

2 FOLLOW A LOW-
CARBOHYDRATE DIET

3 EAT FOODS RICH IN
VITAMIN C

4 DRINK MORE WATER &
EAT MORE OILY FISH,
NUTS & SEEDS

5 AVOID SPICY FOODS &
EATING FAST OR LATE AT
NIGHT

6 EAT LESS & TAKE
REGULAR EXERCISE

7 CUT OUT SUGARY
DRINKS & SNACKS

8 EAT LOTS OF IRON-RICH
FOODS AND HAVE A
GOOD BREAKFAST

